

Claims

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1. A method of increasing the anaerobic working capacity of a tissue comprising:  
providing an amount of beta-alanine to blood or blood plasma effective to increase beta-alanylhistidine dipeptide synthesis in a tissue;  
providing an amount of L-histidine to the blood or blood plasma effective to increase beta-alanylhistidine dipeptide synthesis; and  
exposing the tissue to the blood or blood plasma, whereby the concentration of beta-alanylhistidine is increased in the tissue.

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2. The method of claim 1, further comprising increasing a concentration of creatine in the tissue.

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3. The method of claim 1, wherein the providing steps include ingestion of a composition including the amount of beta-alanine and the amount of L-histidine.

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4. The method of claim 1, wherein the providing step includes infusion of a composition including the amount of beta-alanine and the amount of L-histidine.

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5. The method of claim 1, further comprising increasing a concentration of insulin in the blood or blood plasma.

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6. The method of claim 1, wherein the tissue is a skeletal muscle.

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7. The method of claim 1, wherein the tissue is a human tissue.

